

Event Ideas

Courses & Stations

Obstacle courses and fitness stations are a fun and interactive way to get kids physically active and educate them on the various ways to get moving.

Activity ideas

- Indoor obstacle course
- Playground obstacle course
- Fitness stations

Tips for Success

- Incorporate a wide variety of obstacles to ensure variability.
- Choose exercises that are repeatable, can be performed with minimal assistance, and that students enjoy .

Games

Games are not only a way to get kids outside and moving, but they also show kids that physical activity can be fun and enjoyable!

Activity ideas

- Tag Games
- Sharks and Minnows
- Freeze Tag
- Simon Say
- Tug of War

Tips for Success

- Select a diverse set of games that meet the interest of the targeted age group and skill level.
- Gather necessary equipment or supplies a couple weeks before the event to ensure plan feasibility.

Event Ideas

Walks

A group walk is an easy way to get kids moving as it does not require any special skills, facilities, or equipment. It is also an opportunity to educate children on how easy it is to incorporate physical activity into their daily routines.

Activity ideas

- Nature Walk/Hike
- Neighborhood Walk
- Track Walk

Tips for Success

- Ensure the selected walking path is accessible to all participants.
- Do a pre-event walk through to be sure the distance meets the timeframe.

Sports

Not only do these types of events get kids active, but they also teach the value of sportsmanship, competition, and team building. It is also a fun opportunity to introduce and get younger kids interested in sports!

Activity ideas

- Basketball
- Soccer
- Volleyball
- Flag Football
- Kickball

Tips for Success

- Double check facility availability for scheduled event day.
- Make sure there is enough equipment for participation of bigger groups.
- Break down large groups into categorized groups for fair play and enjoyment.

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Other Fun Activities

Group events are a great way to bring people together and engage students, teachers, and community members

Activity ideas

- Yoga
- Bike Rides
- Dance Parties
- Hula-Hooping
- Jump Roping

Tips for Success

- Choose an activity that is age and skill appropriate for your targeted participants.
- For larger groups, break them down into smaller groups for better management and engagement.

Resources

Below you will find additional healthy content and resources that can be used and referenced!

Music

- Find or create a clean playlist to jam out during your chosen event!

Nutrition

- <https://www.myplate.gov/>

Physical Activity in Iowa

- Iowa Bike Trails Map
 - <https://iowadot.gov/iowabikes/bikemap/home.aspx>